

Amendment to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

What is claimed is:

Claim 1 (original) A waist chain comprising:

- a. a plurality of links;
- b. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;
- c. at least one end connection member which is connectable to both ends of said chain such that said chain becomes continuous;

wherein said waist chain is positioned tightly around the waist of a person such that as said person's weight increases, said waist chain becomes increasingly tight.

Claim 2 (original) The waist chain of claim 1, further comprising at least one end link, said end link being connectable to one or both ends of said chain and to said end connection member.

Claim 3 (original) The waist chain of claim 2, wherein said end connection member is a hollow cylinder comprising a sidewall.

Claim 4 (original) The waist chain of claim 3, wherein said end connection member further comprises at least one opening in said sidewall, wherein at least one of said ends of said chain extends through one said opening in said end connection member and said at least one end link prevents said end of said chain from passing out of said opening in said end connection member.

Claim 5 (original) The waist chain of claim 4, wherein said end link is permanently connectable to at least one of said ends of said chain.

Claim 6 (original) The waist chain of claim 4, wherein said end link is removably connectable to at least one of said ends of said chain.

Claims 7 (original) The waist chain of claim 4, wherein said links, said coupling members, said end link, and said end connection member are constructed of metal.

Claim 8 (original) The waist chain of claim 7, wherein said metal is stainless steel.

Claim 9 (original) The waist chain of claim 1, wherein said plurality of links are spherical.

Claim 10 (original) The waist chain of claim 1, wherein said plurality of links are hollow.

Claim 11 (original) The waist chain of claim 1, wherein said plurality of links are slidably connected to said plurality of coupling members.

Claim 12 (original) The waist chain of claim 1, wherein said plurality of coupling members are rotatably connected to said plurality of links.

Claim 13 (original) The waist chain of claim 1, wherein said plurality of coupling members are rod-shaped.

Claim 14 (original) The waist chain of claim 1, wherein said end connection member is permanently connectable to at least one of said ends of said chain.

Claim 15 (original) The waist chain of claim 1, wherein said end connection member is removably connectable to at least one of said ends of said chain.

Claims 16-28 (cancelled)

Claim 29 (currently amended) A weight loss method comprising:

- a. ~~altering a person's food intake such that said person experiences weight loss;~~
- b. fitting said a person tightly with a waist chain such that as said person's weight increases, said waist chain becomes increasingly tight;

wherein said waist chain comprises:

- a. i.. plurality of links;
- b. ii. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;
- c. iii. at least one end connection member which is connectable to both of said ends of said chain such that said chain becomes continuous.

Claim 30 (new) A system comprising: a person having a waist chain positioned tightly around the waist of said person such that as said person's weight increases, said waist chain becomes increasingly tight, said waist chain comprising:

- a. a plurality of links;
- b. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends; and
- c. at least one end connection member which is connectable to both ends of said chain such that said chain becomes continuous.

Claim 31 (new) The system of claim 30, further comprising at least one end link, said end link being connectable to one or both ends of said chain and to said end connection member.

Claim 32 (new) The system of claim 31, wherein said end connection member is a hollow cylinder comprising a sidewall.

Claim 33 (new) The system of claim 32, wherein said end connection member further comprises at least one opening in said sidewall, wherein at least one of said ends of said chain extends through one said opening in said end connection member and said at least one end link prevents said end of said chain from passing out of said opening in said end connection member.

Claim 34 (new) The system of claim 33, wherein said end link is permanently connectable to at least one of said ends of said chain.

Claim 35 (new) The system of claim 33, wherein said end link is removably connectable to at least one of said ends of said chain.

Claim 36 (new) The system of claim 33, wherein said links, said coupling members, said end link, and said end connection member are constructed of metal.

Claim 37 (new) The system of claim 36, wherein said metal is stainless steel.

Claim 38 (new) The system of claim 31, wherein said plurality of links are spherical.

Claim 39 (new) The system of claim 31, wherein said plurality of links are hollow.

Claim 40 (new) The system of claim 31, wherein said plurality of links are slidably connected to said plurality of coupling members.

Claim 41 (new) The system of claim 31, wherein said plurality of coupling members are rotatably connected to said plurality of links.

Claim 42 (new) The system of claim 31, wherein said plurality of coupling members are rod-shaped.

Claim 43 (new) The system of claim 31, wherein said end connection member is permanently connectable to at least one of said ends of said chain.

Claim 44 (new) The system claim 31, wherein said end connection member is removably connectable to at least one of said ends of said chain.